SASKATOON metro®

NEWS WORTH SHARING.

KINSMEN HOME LOTTERY

Your Best Chance to Win a MILLION DOLLAR SHOWHOME!

KinsmenHomeLottery.com

TAKING PARENTAL GUIDANCE TO A WHOLE NEW LEVEL

WILL AND JADEN SMITH'S NEW MOVIE AFTER EARTH INSPIRED THIS REAL-LIFE PARENT-CHILD MOVIE LIST PAGE 16

GOODWRENCH QUICK LUBE DRIVE-THROUGH

Includes:
- FAST RELIABLE while you wait in your vehicle service
- GM Trained Technicians
- Complete with oil, filter and lube the chassis
- Includes a 15 point GM Goodwrench inspection
- We will also top off fluids including w/s washer fluid

Starting At $49.95

OPEN
7:30am-4:30pm Mon.- Fri. • 8:00am-3:00pm Sat.

$10 OFF WITH COUPON OR MENTION OF THIS AD

WHEATON GMC•BUICK•CADILLAC

306.244.8131 | 2102 MILLAR AVENUE
WWW.WHEATONSASKATOON.COM

Wide receiver Aaron Hargreaves carries the ball as he fends off defenders Reshard Langford (27) and Eddie Russ (16). Sunday marked the first day of the Saskatchewan Roughriders training camp at Griffiths Stadium in Saskatoon. MORGAN MODJESKI/METRO

Gridiron calling: Riders new, old readying for 2013

And they're off!

Coach Corey Chamblin says mix of players showing talent across the board; team signs free agent John Chick

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Riders fans rejoiced on Sunday morning as the Green and White hit the field for the first practice of the team's 2013 training camp.

The energy at Griffiths Stadium in Saskatoon was palpable as Saskatchewan Roughriders, new and old, took to the turf. Head coach Corey Chamblin said he's excited about what the mix of new talent and veteran players means for the upcoming season.

Schedule

The Roughriders training camp runs to June 20.

"When you have a veteran team, you don't have as many roller-coaster rides because those guys know how to sustain and just keep rolling," said Chamblin. "So hopefully that's one of the things that we improve on this year — that when we're up, we stay up, and when we're behind we're able to come back."

One of the newest faces on the Roughriders this year is wide receiver and CFL career leader in receiving yards Geroy Simon. When asked how he's feeling about the chemistry between him and Riders quarterback Darian Durant, he replied: "It's good."

"I came in a week early and have been working with a few of the guys and Darian was one of them. So the chemistry is good; it's something we got to work on. It's going to be a work in progress, but it feels good in the first practice."

Another new addition to the Roughriders is defensive end John Chick, who signed with the Saskatchewan Roughriders on Sunday.

Chick, a former Roughrider, was a free agent after being released by the NFL's Jacksonville Jaguars, and after the first practice he said he's happy to be back in Saskatchewan.

"I'm back where I'm having fun. I love doing what I'm doing, I'm back with some guys that I know and love on our journey for the 101st Grey Cup," said Chick. "It's just great. Kind of a whirlwind of last week and the last 24 hours … but I'm where I want to be and I'm happy."

Calling All Race Fans - Let The Party Begin!

NASCAR CANADIAN TIRE SERIES

Velocity Prairie Thunder 250
July 16th & 17th
AT
AUTO CLEARING MOTOR SPEEDWAY

Tickets available at any Saskatoon, Melfort and Prince Albert Mac's Convenience Stores or at any Saskatoon Canadian Tire location.
Or visit our website: www.autoclearingmotorspeedway.ca

Tailgate Party
Fun for the whole family!

Reality Passes NOW AVAILABLE

MONDAY, JUNE 3 TO FRIDAY, JUNE 7

Get **18,500** SHOPPERS OPTIMUM BONUS POINTS®

WHEN YOU SPEND $75 OR MORE† ON ALMOST ANYTHING IN THE STORE.

THAT'S A $25 SAVINGS VALUE!

FREE feels good™

PLUS 6 days of savings – Saturday, June 1 to Thursday, June 6

2/6.99 or 4.99 each

PEPSI or COCA-COLA BEVERAGES
12 x 355mL Selected Flavours
Limit 4.
+ Deposit & Enviro Levy where applicable

1.99 each

SIMPLY FOOD
GRANOLA BARS (175g - 210g), CHRISTIE COOKIES or CRACKERS
Selected Types & Sizes

1.99 each

NATURE VALLEY
GRANOLA BARS (175g - 230g) or SIMPLY FOOD COOKIES (325g - 350g)
Selected Types

9.99 each

LIFE BRAND SPECTRUM VITAMIN CAPLETS (100's - 130's), GLUCERNA (6 x 237mL) or ENSURE (6 x 235mL) NUTRITIONAL SHAKE
Selected Types

25% off*

BALÉA HAIR REMOVAL, LIFE BRAND, BALÉA SUN or SKIN CARE PRODUCTS
Selected Types & Sizes

3.99 each

TRESEMMÉ
HAIR CARE PRODUCTS
Selected Types & Sizes

2.99 each

DEGREE MEN (76g) or DOVE (45g - 75g) ANTIPERSPIRANT/DEODORANT
Selected Types

25% off*

NIVEA
SHAVE or SKIN CARE PRODUCTS
Selected Types & Sizes

79¢ each

BIO+LIFE (88's) or ROYALE (88's - 132's) FACIAL TISSUE
Selected Types
Limit 4. After limit 89¢

5.79 each

BIO+LIFE DOUBLE, LIFE BRAND ULTRA, DOUBLE (12 Roll) or MEGA (9 Roll) BATHROOM TISSUE
Limit 4. After limit 7.99

3.99 each

CHEER (1.47L) or GAIN (1.45L - 1.47L) LIQUID LAUNDRY DETERGENT
Selected Types

2.49 each

STAYFREE MAXI PADS (14's - 24's), CAREFREE LINERS (36's - 60's) or O.B. TAMPONS (18's)
Selected Types

6.99 each

NICE 'N EASY COLOR BLEND, ROOT TOUCH UP, L'IMAGE or NATURAL INSTINCTS HAIR COLOUR
Selected Types

19.99 each

SWISS ARMY CLASSIC (100mL), VERSACE THE DREAMER (50mL) or POLO BLUE (40mL) EAU DE TOILETTE
Selected Types
While quantities last. No rainchecks

While quantities last. We reserve the right to limit quantities. *Our regular price. †Offer valid on the purchase total of eligible products using a valid Shoppers Optimum Card® after discounts and redemptions and before taxes from Monday, June 3 to Friday, June 7, 2013 only. Maximum 18,500 points per offer regardless of total dollar value of transaction. Excludes prescription purchases, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, stamps, transit tickets and passes, event tickets, gift cards, prepaid card products and Shoppers Home Healthcare® locations. Offer applies to photofinishing services that are picked up and paid for on the days of the offer only. Not to be used in conjunction with any other points promotions or offers. See cashier for details. Shoppers Optimum Points® and Shoppers Optimum Bonus Points® have no cash value but are redeemable under the Shoppers Optimum and Shoppers Optimum Plus programs for discounts on purchases at Shoppers Drug Mart. The savings value of the points set out in this offer is calculated based on the Shoppers Optimum Program® rewards schedule in effect at time of this offer and is strictly for use of this limited time promotion. The savings value obtained by redeeming Shoppers Optimum Points will vary depending on the Shoppers Optimum Program reward schedule at time of redemption and other factors, details of which may be found at shoppersdrugmart.ca. ® 911979 Alberta Ltd.

SHOPPERS DRUG MART

In a freak twist, tornado kills three storm chasers

Oklahoma City.
Sask. storm chaser also caught after twister takes 90-degree turn

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Three of North America's best-known storm chasers were among the 10 killed after a tornado hit the El Reno area of Oklahoma City during rush hour on Friday.

Tim Samaras, called the Wayne Gretzky of storm chasing, his son Paul and storm chaser Carl Young were all killed when a tornado with winds of up to 265 km/h barrelled into the area.

Saskatchewan's own tornado hunter Greg Johnson was chasing the same tornado.

"Is it dangerous? It sure is. We're putting ourselves into the danger zone, but the thing is, we have very sophisticated technology and we have a really good understanding of how storms behave, so this is a very rare incident," said Johnson.

Johnson said the tornado made a 90-degree turn in a pattern that he called "almost unprecedented."

"We were basically in a different location but in the same situation as Tim," said Johnson.

"We used our knowledge and experience of how tornadoes behave to position ourselves correctly, and the storm made a dramatic turn and a number of chasers were caught in its path, including ourselves."

'Gretzky' of chasers killed

"The fact that this happened to somebody like Tim (Samaras) and his very experienced team ... it just shows how abnormal this particular storm was."
Saskatchewan storm chaser Greg Johnson

The tornado that killed Tim Samaras, his son Paul and fellow storm chaser Carl Young. Saskatchewan's own tornado hunter Greg Johnson, who was chasing the same tornado, said the pattern it took was extremely rare. GREG JOHNSON/CONTRIBUTED

Yet unexplained

Pair of suspicious blazes occupy the city's fire fighters

Fire crews were kept busy Sunday morning.

Saskatoon Fire and Protective Services first attended to a call about a vehicle fire in Caswell Hill on 30th Street W and Avenue I N. The crew had it under control in less than five minutes.

There was then a call to Avenue K S near 10th Street where the crew quickly contained a garage fire. Damage is estimated at less than $5,000.

Both fires have been deemed possibly suspicious but are currently still under investigation to determine the causes. METRO

Dual traffic collisions

Good Samaritan slain while helping

A Saskatchewan conservation officer who stopped to help first responders deal with a highway crash has died after being hit by a vehicle that was allegedly fleeing police.

RCMP say two Saskatchewan conservation officers stopped to help control traffic following a two-vehicle collision on Highway 11 south of Saskatoon late Friday afternoon.

While they were still at the scene, police say they received a report of a black SUV that was driving erratically and heading north toward the crash site.

Police say when an RCMP officer approached a vehicle matching the description of the SUV, it sped off.

Police say it then struck Justin Knackstedt, 23, of Watson, who died at the scene.

Mounties chased the SUV but didn't catch it until it reached Saskatoon and rolled into a ditch.

Police say Blaine Thomas Taypotat, 35, of Saskatoon faces numerous charges, including impaired driving causing death.
THE CANADIAN PRESS

FREE LIFETIME ADJUSTMENTS
GIANT BICYCLES BIKE EVENT
YOUR CHOICES
FREE GIANT BIKE LOCK with any bike purchase $22 Value
FREE GIANT HELMET with any bike purchase $26 Value
FREE KNOG BIKE LIGHT with any bike purchase $16 Value
GIANT SIMPLE 3 CRUISER WOMENS
$479
3 SPEED, LIGHTWEIGHT, CRUISE THE RIVER IN STYLE
GIANT REVEL 2 MOUNTAIN BIKE
$499
LIGHTWEIGHT ALUMINUM FRAME, 24 SPEED DRIVETRAIN LIGHT AND AGILE FOR ON AND OFFROAD FUN
GIANT 29R REVEL 1 MOUNTAIN BIKE
$589
29 INCH WHEELS, LIGHTWEIGHT ALUMINUM FRAME, FAST AND FURIOUS
GIANT METHOD 3 BMX BIKE
$329
GRIP IT AND RIP IT. SHRED THE STREETS !
CORNER OF AVE B AND 22 STREET W • 244.7813 • WWW.FROMTHEFEETUP.CA
OUTTABOUNDS

Saskatchewan sign of summer

Like getting the golf clubs ready or repairing the lawnmower, there are always a few sure signs that summer has arrived. One of those in the City of Saskatoon is the PotashCorp Children's Festival of Saskatchewan.

MORGAN MODJESKI/METRO
Morgan.modjeski@metronews.ca

1 Around the world.

Children's Festival volunteers Kendell Cassidy, left, and Matthew Jones prepare to roll a giant globe over some of Sunday's festival-goers.

2 Give 'er a shake.

Volunteer Verna Klassen from Oriental Dance Art Studio gives Raya Bardai a dance lesson.

3 Bubble trouble.

Five-year-old Parker Boyes enjoys the festival activities while trying to catch some bubbles in the process.

4 All smiles.

Utsarg Shrestha, almost two years old, hides out beneath the parachute on Sunday afternoon.

5 That's kid stuff.

Lydia Agioritis, 3, enjoys a day in the sun after getting her face painted.

Exploring Health at the Speed of Light

Did you know that Canada's only synchrotron is in Saskatoon?

Wondering what it does? Want to hear about what kinds of amazing health research is happening there?

Drop by and visit U of S students working on synchrotron health research.

Free live physics and chemistry demos.

Thursday, June 6 at Oskayak High School (919 Broadway Ave) from 6:30 – 9:30 pm

This event is hosted by U of S CIHR-THRUST program (Training grant in Health Research Using Synchrotron Techniques), with support from the Saskatchewan Health Research Foundation.

CIHR IRSC
Canadian Light Source Centre canadien de rayonnement synchrotron
SHRF Saskatchewan Health Research Foundation
University of Saskatchewan

ROGERS™
authorized dealer

REGINA

Teleco
864 Victoria Ave. E
(306) 352-6600

Teleco
1501 Albert St.
(306) 525-5000

North Gate Mall
(306) 949-5395

Southland Mall
(306) 949-5397

SASKATOON

AirSource
718 Circle Dr. E
(306) 955-2355

AirSource
2002 8th St. E
(306) 955-2357

AirSource
Centre at Circle and 8th
(306) 955-1955

AirSource
Midtown Plaza
(306) 955-5799

AirSource
Confederation Mall
(306) 955-4399

Get a $35 GOOGLE PLAY™ VOUCHER* with select 3-yr. terms

Faster is better.

GET THE SAMSUNG GALAXY S4™ ON CANADA'S FASTEST & LARGEST LTE MAX NETWORK.[1]

Samsung GALAXY S4™

LTE MAX ENABLED

With LTE Max, we dedicate more spectrum in more places.

CALL 1 866 859-2763 | **CLICK** rogers.com/galaxys4 | **VISIT** your local Rogers retail store

For more information on LTE Max, visit rogers.com/LTEmax

SMARTPHONE FREEDOM ADVANTAGE

FREE PLAN CHANGES | UPGRADE ANYTIME
***ROGERS TECHXPERT™* | DEVICE PROTECTION | PRICE MATCH**

ROGERS™

ROGERS™ authorized dealer · WIRELESSWAVE · WIRELESS etc... · FUTURE SHOP · Tbooth wireless · BEST BUY · THE MOBILE SHOP (Exclusively where President's Choice products are sold.) · LONDON DRUGS

*Available to new and existing customers with purchase of eligible device (Samsung Galaxy S4) and new activation on any Rogers post-paid plan between April 26 – June 30, 2013 with 3-yr. FLEXtab agreement. Subject to change without notice. Customers must have a Google Account and redeem online at rogerspromotions.com/galaxys4gift before July 30, 2013. Google Play voucher will be sent electronically or via mail (Canadian mailing address required). Allow 6-8 weeks for delivery. Limit one voucher per mobile number. Not redeemable/refundable for cash and may not be combined with any other offer. Voucher expires September 30, 2013. ©2013 Google Inc. All rights reserved. Google Play™ is a trademark of Google Inc. ™Rogers & Mobius design are trademarks of Rogers Communications Inc. &/or an affiliate. All other logos and marks are trademarks of their respective owners. **1** LTE Max refers to national network deployment of dual frequency 2600 & 2100 MHz bands, deployment of 2 x 20 MHz spectrum blocks and high concentration of dual frequency cell sites within LTE coverage area. Fastest based on tests comparing download speed vs. Bell and Telus' LTE networks and largest based on comparing respective network deployment of 2600 & 2100 MHz / 2 x 20 MHz blocks. LTE Max enabled device, LTE SIM and plan required. Actual experienced speeds may vary based on device, topography and environmental conditions, network congestion and other factors. Visit rogers.com/LTEmax for coverage details. For full details on Rogers Smartphone Freedom Advantage, visit rogers.com/freedomadvantage. ©2013 Rogers Communications.

Terror. U.S. and Russia 'need to work more closely' on security: Congressman

The head of a U.S. congressional delegation said Sunday that its meetings in Russia showed there was "nothing specific" that could have helped prevent the Boston Marathon bombings, but that the two countries need to work more closely on joint security threats.

Dana Rohrabacher, a California Republican congressman who led the six-member delegation, described discussions with Russian parliamentarians and security officials as productive.

Some of the meetings, he said, were made possible by American actor Steven Seagal.

Seagal, who attended the news conference in the U.S. Embassy, is well connected in Russia. He met with Russian President Vladimir Putin in March, and last week paid a visit to Ramzan Kadyrov, the strongman who rules Chechnya. THE ASSOCIATED PRESS

Rep. Dana Rohrabacher, front, actor Steven Seagal, right. THE ASSOCIATED PRESS

Disaster warnings over central Europe flooding

Heavy rains. Germany, Czech Republic, Switzerland, Austria face bad flooding; rainfall to ease in coming days

Authorities in parts of central Europe issued disaster warnings and scrambled to reinforce flood defences Sunday as rivers swelled by days of heavy rain threatened to burst their banks.

Several people have died or are missing in the floods in Germany, the Czech Republic and Switzerland since Thursday.

Czech officials warned that the waters of the Vltava river could reach critical levels in Prague late Sunday. Interim Mayor Tomas Hudecek said authorities were considering whether to shut down parts of the capital's subway network and called on people not to travel to city.

In the nearby city of Trebenice a woman was found dead in the rubble after a summer cottage collapsed due to the raging water, Czech public television reported.

Czech Prime Minister Petr Necas said 200 soldiers have been deployed so far to help local authorities.

In Germany, where at least four people have died or are missing, Chancellor Angela Merkel promised federal support for affected areas and said the army would be deployed if necessary.

Several cities including Chemnitz in the east, and Passau and Rosenheim in the south, issued disaster warnings.

Evacuations are also taking place in neighbouring Austria and Switzerland. THE ASSOCIATED PRESS

Firefighters stack sandbags at the base of a dike to strengthen it against the rising Gera river in Germany. JENS SCHLUETER/GETTY IMAGES

Get your hands on your future
Looking for a well-paid, low-stress career with a future that excites you?
Become a massage therapist through Alberta's leading independent massage school. Monthly classes in Edmonton—our 2200-hour diploma prepares you for the MTAS exam.
Join Maryhelen Vicars, school founder, to talk about your career and our school.
Tuesday, June 4, 6 - 8 p.m.
MTAS office 16, 1724 Quebec Ave
Saskatoon
Enter to win a $500 tuition voucher
MH VICARS SCHOOL of MASSAGE THERAPY
MHVicarsSchool.com Call 1.866.491.0574

Is your opinion worth sharing?
Share your opinion on ads that run in Metro by joining the RAM panel at metronews.ca/panel.
What is RAM?
RAM (Research and Analysis of Media) is a panel used by several Canadian newspapers, including Metro, and more than 600 newspapers and magazines in 17 countries
What's in it for me?
Each time you complete a survey, you earn points which can be redeemed for Tango.com Gift Cards.
How do I join?
Joining is easy! Just go to metronews.ca/panel and click on the registration link for our RAM panel.
And, to show our appreciation, every month we'll randomly draw 6-winners who will each win a $25 Tango gift card! Tango gift cards can be redeemed with top-name brands like Amazon, Starbucks, and iTunes®.
metro
Go to metronews.ca/panel and join today

Two Alberta seniors homes trying to get rid of bedbugs for months

'Very hard to kill'. Alberta Health Services says time taken to deal with bugs not a sign of severe infestation

Two seniors homes in southern Alberta are being treated for bedbugs, but health officials say there's no reason for concern beyond the "ick" factor.
ORKIN LLC/THE ASSOCIATED PRESS/THE CANADIAN PRESS

Two seniors homes in Alberta are being treated for bedbugs, but health officials say there's no reason for concern beyond the "ick" factor.

Staff at the Pemmican Lodge and Black Rock Terrace in Lethbridge have been dealing with the itchy insects for the last few months.

While bedbugs are for the most part harmless, the stealthy insects are hard to detect and even more difficult to kill, said Lynne Navratil, supervisor of safe-built environments for Alberta Health Services.

Navratil said there's no doubt that bedbug infestations have become more prevalent. Public-health officials deal with complaints regularly. "When I started as a health inspector 17 years ago, we really didn't deal with bedbugs a lot," Navratil said.

But with the public travelling so much these days, stopping the spread is nearly impossible, she said.

THE CANADIAN PRESS

Unusual spots

Bedbugs have popped up in some unusual places

- Four buses in Edmonton were fumigated this year after reports of bugs.
- Bugs were spotted at courthouses in Vancouver and St. John's, N.L.
- Infestations have nothing to do with cleanliness, but they are more likely to occur when there's clutter.
- After clutter is removed and everything cleaned, it usually takes two treatments of heat and pesticide to remove the pests. The first kills any live bedbugs. The second is necessary for any eggs.

Hurry in for $0 smartphones[1], PLUS a $50 bonus gift.[2]
BlackBerry® Curve™ 9320
Samsung Galaxy Ace II X™
koodo™
Offer ends July 4, 2013.
Good call
BEST BUY
FUTURE SHOP
LONDON DRUGS
THE MOBILE SHOP
Walmart
koodo shop
Centre at Circle & Eighth
Midtown Plaza
(1) Price with the Tab. Subject to approved credit. (2) Bonus gift will vary by store location. See store for full details. Bonus gift available with new activations only. While quantities last.

$590 million

Mystery lottery winner has Florida town buzzing

It's been two long weeks since the small city of Zephyrhills, Fla. learned that a $590 million Powerball lottery ticket was sold at a local supermarket.

No one expected the winner to come forward in the first days after the announcement. After all, residents reasoned, the person might need a few days to absorb the shock, or to consult with financial advisers.

But then a week passed, and more, and now folks are so anxious to know the winner's identity they could jump out of their skin.

"It's hard to keep a secret in this town, but this is one of the biggest mysteries we've had in a long, long time,"said Dave Walters, a longtime reporter at the Zephyrhills News community newspaper.

The winner has 60 days from the May 18 drawing to claim a lump-sum payment. THE ASSOCIATED PRESS

Witness in child sex-trafficking case charged for refusing to testify

Abdullahi Farah.
Somali refugee faces up to 20 years in prison and says he was beaten for co-operating with police

Two and a half years ago, federal prosecutors announced with great fanfare the indictments of about 30 people accused of operating a multistate child sex trafficking operation run by Somali gangs in Nashville, TN.

So far, every defendant who has gone to trial has either been acquitted or had their conviction thrown out.

The government's case was weakened when prosecutors said a key witness, a Somali refugee and former gang member, repeatedly refused to testify, saying he is afraid for himself and for his family.

So prosecutors charged Abdullahi Farah with two counts of contempt of court and obstruction of a child sex trafficking case. He was convicted by a jury in April.

Farah, 24, said he was attacked and pistol whipped when word got out that he was co-operating.

"What choice do I have?" he said during a jailhouse interview with The Associated Press. "If I testify, they will either kill me or kill my family."

An 'extraordinary' case

"If I testify, they will either kill me or kill my family."

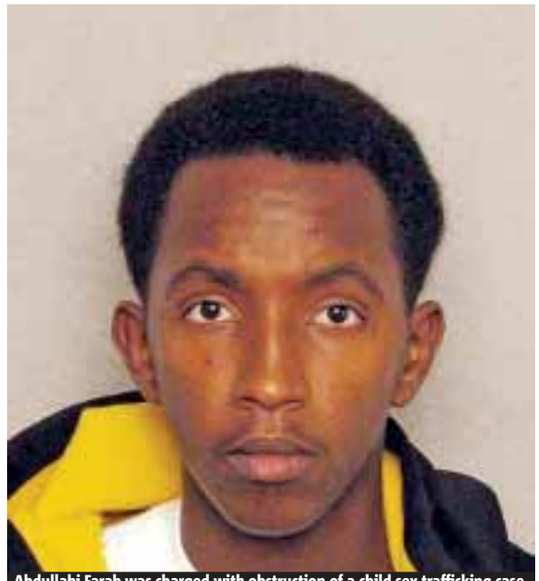
Abdullahi Farah, a key witness who says he refused to testify in Nashville's child sex-trafficking operation for fear of retaliation

Farah is facing a maximum of 20 years in prison for the obstruction conviction. There is no mandatory maximum sentence for contempt and a prosecutor has said Farah will face up to life in prison when he is sentenced at a date yet to be determined.

Legal experts say the case is extraordinary because it's almost unheard of for prosecutors to come down so hard on one of their own witnesses, and for the reluctant ones to face so much prison time for not co-operating.

"This is exceedingly rare,'' said Nancy Hoppock, the director of a criminal law centre at New York University Law School who spent 19 years as a state and federal prosecutor. She said prosecutors may have felt like they were left with no other choice.

The big question that for now remains unanswered is how much Farah's testimony would have helped the government. THE ASSOCIATED PRESS



Abdullahi Farah was charged with obstruction of a child sex-trafficking case and two counts of contempt of court for his refusal to testify.
THE ASSOCIATED PRESS/METRO NASHVILLE POLICE

Earn an Innovative MBA While You Work !
PART-TIME ON WEEKENDS IN WARMAN

MBA in Community Economic Development

- A popular program that provides advanced skills in business, leadership, development, and international management.
- Complete an MBA program in 24 months by attending classes on select weekends in the Saskatoon area. Join the third cohort!

INFORMATION SESSIONS
10:00AM & 1:00PM: Friday, June 7
2nd Floor Boardroom, Saskatoon Community Service Village
506 25th Street East
10:00AM: Saturday, June 8
Room C19, Warman Campus, Great Plains College
201 Central Street

VICTORIA MORRIS
Executive Director, Saskatchewan Co-operative Association

Specializations: Strategic Leadership • First Nations • Peace-Building • International Business

For more information: 902-563-1467
mba@cbu.ca

HOSTED BY
great plains college
CAPE BRETON UNIVERSITY | Shannon School of Business

RECEPTIONIST

Reporting to the Office & Sales Admin Manager, Western Canada, the right candidate for this 3 month contract position will carry out a range of administrative and operational tasks related to the daily operations of the business in the Metro Saskatoon operation. As well as provide operational and executive support to the Sales/General Manager, Metro Saskatoon and any additional administrative support as directed.

PRIMARY RESPONSIBILITIES:
- Responsible for all administrative projects as assigned
- Responsible for the general daily office operations
- Oversee the monthly purchases of office supplies and send required accurals to Metro English Canada.
- General reception duties and Customer service requests
- Oversee couriers and mail; both incoming and outgoing
- Responsible for prompt office maintenance and repair work
- Responsible for maintaining accurate staff lists and directories
- Answering telephones, call screening and forwarding
- Deal with complex queries and complaints, by email, phone and in person
- Greet visitors and guests

REQUIREMENTS OF THE POSITION:
- 2-3 years of demonstrated success in a similar role
- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 14, 2013. PLEASE QUOTE: "Receptionist - Saskatoon" in the subject line. All submissions will be treated as confidential.

metro

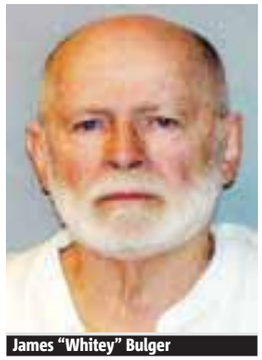
Long-awaited trial of reputed gang boss gets underway in Boston

Winter Hill Gang.
James 'Whitey' Bulger had been a fugitive for 16 years after being charged with playing a role in 19 murders

James "Whitey" Bulger is no longer the feared man who swaggered around South Boston and later became one of the nation's most-wanted fugitives.

At 83, the bright platinum hair that earned Bulger his nickname is all but gone and his reputed status as the leader of a violent gang has passed.

But as Bulger's long-awaited trial gets underway, it's clear that the passage of time has done little to diminish Boston's fascination with Bulger.


James "Whitey" Bulger

"He's a survivor. He's had a very long shelf life in a profession where that is not typical," said Dick Lehr, who has co-written two books about Bulger, including the biography Whitey: The Life of America's Most Notorious Mob Boss.

"The many faces of Whitey make him intriguing," Lehr said. Those faces include his early image as a modern-day Robin Hood and harmless tough guy who gave turkey dinners to his working-class neighbours at Thanksgiving and kept drug dealers out of the neighbourhood.

That image was crushed when authorities began digging up bodies.

Bulger would eventually be charged with playing a role in 19 murders but fled in late 1994.

He remained a fugitive for more than 16 years before finally being captured in Santa Monica, Calif., in 2011.

Bulger, who grew up in a South Boston housing project, earned his first arrests as a juvenile and went on to serve time in Alcatraz and other federal prisons for bank robberies. He became one of the most notorious criminals in Boston, while his younger brother, William Bulger, became a powerful politician in Massachusetts, leading the state Senate for 17 years. He is expected to attend his brother's trial. Bulger, was an inspiration for the 2006 Martin Scorsese film The Departed. He headed the Winter Hill Gang, a largely Irish gang which ran various rackets.

THE ASSOCIATED PRESS

'Master at deception'

"He put a great emphasis on intimidation and deception. He was a master at deception."
Said Tom Duffy, a retired state police major, one of the lead Bulger investigators.

Government witnesses

Convicted mob thugs to testify

Bulger's trial, set to begin this week with jury selection, promises to have all the glamour and gore of a TV mob drama.

Prosecutors plan to call a collection of infamous mob figures, including Bulger's former partner, Stephen "The Rifleman" Flemmi, who is now serving a life sentence for 10 murders and admitted pulling the teeth out of some of the gang's victims, including his own girlfriend.

Former hit man John Martorano, who admitted killing 20 people, will also take the stand, as will Kevin Weeks, a former Bulger lieutenant who eventually led authorities to half a dozen bodies.

Bulger's lawyers have made it clear that they will attack the credibility of men they describe as "once-reviled criminal defendants" whom prosecutors have eagerly transformed into "loyal government witnesses."

"The government now offers these men as witnesses against James Bulger with no apparent regard for their complete lack of credibility," attorneys J.W. Carney Jr. and Hank Brennan wrote in a recent court filing in preparation for the trial.

THE ASSOCIATED PRESS

'Scooter' the llama caught after scooting away Friday night

Leon County officials work to corner Scooter, a 7-year-old llama that was on the loose Saturday in Tallahassee, Florida. When the 300-pound llama broke out of his penned-in yard, it took three county sheriff's deputies and a taser gun to get him back in again. Leon County Lt. Tony Drzewiecki said Sunday that the six-foot llama outran him and his colleagues for a while, even leaping over a four-foot fence to avoid capture. Drzewiecki said the llama's owner called police after he noticed Scooter missing sometime Friday night.

LEON COUNTY SHERIFF'S OFFICE/THE ASSOCIATED PRESS

Instant
Cash for Gold
We buy your gold and diamonds year round!
RINGS • CHAINS • EARRINGS • ROLEX WATCHES
KRUGERRAND COINS • MAPLE LEAF GOLD COINS
GOLD & SILVER INGOTS
GMG Jewellers
#1 - 105 21ST STREET EAST SASKATOON, SK
WWW.GMGJEWELLERS.COM

Tax 'amendment' will cost insurers $1 billion

GST bonanza. Owed amounts date back to a 2005 Finance Department release implemented in 2010

Finance Minister Jim Flaherty with Prime Minister Stephen Harper in March. A massive retroactive GST ruling from the Finance Department has insurers fuming. THE CANADIAN PRESS

Canada's insurance industry faces a $1-billion GST bill at the end of this month, thanks to a federal tax move critics say smacks of a "banana republic."

The massive tax hit applies to some financial services that insurers say were never before subject to GST.

The GST now owed is retroactive seven years, back to 2005, when the federal Finance Department issued a news release saying it planned to amend tax legislation — something it didn't get around to implementing until 2010.

Critics say that apart from the body blow to the books of domestic insurers, the "massively distortive" tax grab sends a signal to global investors that Canada is no place to do business. That message, they say, challenges any claim the Harper government is a tax-cutter and a good steward of the economy.

"I have lost count of the number of times that global tax directors have used the words 'banana republic' when I describe this legislation to them," says Michael Firth, a tax partner at Pricewaterhouse-Coopers Canada, and chief among the critics.

"They don't believe it. They go, 'You're kidding me? Can they really do this?'"

For its part, the Finance Department says it hasn't changed GST legislation at all, but rather clarified rules that were poorly drafted when the GST was born in 1991.

The slow-motion train wreck began with an obscure Tax Court of Canada ruling in 2003, in which the judge sided with insurer State Farm against the Canada Revenue Agency.

The company successfully argued the GST does not apply to certain common financial transactions, and therefore it owed no money to the taxman.

The Finance Department issued a statement and background document on Nov. 17, 2005, saying it planned to amend GST legislation to effectively overturn the judge's ruling, warning the amendments would be retroactive to the date of the release.

THE CANADIAN PRESS

Lovers in a dangerous time

A couple celebrates their wedding in Taksim Square on Sunday, a day after Turkish police pulled out of Istanbul's iconic square following a second day of violent clashes between protesters and police over a controversial development project.

GURCAN OZTURK/GETTY IMAGES

Pistorius trial. Athlete's family 'shaken' by alleged crime-scene photos

Oscar Pistorius' family said Sunday it was "shaken" by the "graphic" leaked images broadcast by a British television station that purport to show the bloodied bathroom where the Olympian fatally shot his girlfriend on Valentine's Day.

In a brief statement two days before the double-amputee athlete is due back in court for a hearing ahead of his murder trial, the Pistorius family said the images shown by Sky News on Friday did not help the legal process.

"We were shaken by the graphic images, leaked into the public domain this week, of the accident scene at Oscar's house," the family said, appearing to confirm they are from Pistorius' home. "It has always been our plea that the legal process be allowed to run its course with integrity. The leaking of evidential material into the public domain before the court case does not advance this process."

The images have not been verified by The Associated Press or South African police.

Pistorius' family also expressed support for the 26-year-old athlete ahead of his court appearance Tuesday. The family said it believed the trial evidence would prove Pistorius' claims that the shooting was an accident. Pistorius is charged with premeditated murder for the Feb. 14 death of Reeva Steenkamp. He denies the charge, saying he shot the 29-year-old model by mistake thinking she was an intruder.

"As a family we fully stand behind Oscar as he prepares to appear in court this Tuesday," the statement said. "We believe in him, love him and will support him every step of the way in what lies ahead."

Pistorius is due in court Tuesday for a hearing ahead of his murder trial.

THE ASSOCIATED PRESS

Support

"We fully stand behind Oscar as he prepares to appear in court."

Oscar Pistorius' family
from a statement issued to media Sunday

Mental health

Military creates a culture of silence: Veterans

In 2010, former corporal John Lowe finished his tour in the killing fields of Kandahar.

His generation of soldiers has a myriad of money and recovery programs, but checking yourself into one is known within the ranks as "spin dry."

It can be the kiss of career death for a soldier to put their hands up and say they have a problem with the horrors they've witnessed.

"It's the culture; the culture is totally different," said Lowe, "One of our mottos is suffer in silence. That's what's honourable. That's what we're taught."

Lowe is part of a group of Canadian soldiers and veterans, many of them struggling with post-traumatic stress, who arrived in London Sunday after a gruelling six-day cycling ride from Paris.

They took part in an event put on by the British-based charity Help for Heroes.

THE CANADIAN PRESS

David Acco, right, and Sose Canadian show off their new accounting program Friday in Kahnawake, Que., that is intended specifically for aboriginal communities. RYAN REMIORZ/THE CANADIAN PRESS

First Nations testing cost-tracking program

The NEMS system. Different governments can now see how much a program cost, who used it and what opportunities it led to

David Acco stands before a projector screen showing off a new software system he hopes will answer critics of First Nations financial management.

After spending the majority of his adult life around software and IT, Acco's latest project has been to develop an accounting program intended specifically for aboriginal communities. The result is the Native Economic Management System, created by Acco, co-founder of the native consulting firm Acosys Inc., and the economic-development commission in Kahnawake, a Mohawk community across from Montreal.

"This is what I like about this system," he says repeatedly, while IT technician Sose Canadian clicks from link to link to offer examples of how a native community can gain better control of its finances.

Native finances were thrust into the public spotlight when the Ontario community of Attawapiskat declared a state of emergency and fell into third-party management.

The federal government subsequently audited the community in September 2012. According to the audit more than 80 per cent of the $104 million provided to the community since 2005 was missing an adequate paper trail. Acco says the problem often isn't that a community has wasted money — but simply that it doesn't have a proper accounting system.

The NEMS system is first being used in Kahnawake.

THE CANADIAN PRESS

Quoted

"It's a system that's developed by aboriginal people for aboriginal people."

David Acco, co-founder of the native consulting firm Acosys Inc., talking about the Native Economic Management System.

Management

Total of 161 communities receive support

As of April, there were 161 First Nations communities receiving management support, with 14 of them fully under third-party management.

The federal government has also passed the First Nations Transparency Act, Bill C-27. The law requires First Nations communities to prepare and disclose audited consolidated financial statements on a yearly basis starting in July 2014, in addition to chiefs and councillors' salaries and expenses. The standards are meant to bring First Nations communities in line with other levels of government.

David Acco, left, and Sose Canadian with their new software program Friday in Kahnawake, Que. RYAN REMIORZ/THE CANADIAN PRESS

First Nations groups, including the Assembly of First Nations, objected to the bill. National Chief Shawn Atleo said solutions lie in aboriginal communities, with aboriginal citizens, and not in more control from Ottawa.

For his part, David Acco says he's seen many examples of outsiders thrusting management solutions onto First Nations communities, with little success.

He says other frequently used software is expensive, complicated to use, and fails to account for variables that matter to aboriginal people.

THE CANADIAN PRESS

Egypt's top court rules parliament illegally formed

Constitution too. Decision was widely expected last year, but siege kept judges out

Egypt's highest court ruled on Sunday that the nation's interim parliament was illegally elected, though it stopped short of dissolving the chamber immediately. The Supreme constitutional Court also ruled that a 100-member panel that drafted the new constitution was illegally elected.

The immediate impact is limited. The Islamist-dominated upper house of parliament, the Shura Council, will remain until elections are held for a lower house. The constitution, ratified in a nationwide referendum in December with a low turnout of around 35 per cent, will also remain in effect.

Still, the opposition said the verdict shows how Islamist victories are tainted. They argued the ruling further challenges the constitution, which was pushed through by allies of President Mohammed Morsi.

Morsi's backers in the Muslim Brotherhood saw Sunday's ruling as a victory, saying that it acknowledged the legitimacy of the Shura Council and the constitution because it stopped short of trying to rescind either.

The Supreme constitutional Court dissolved the Islamist-majority lower house last June. The court was expected to dissolve the Shura Council late last year, but Islamist protesters prevented the judges from reaching their chambers.

Reasoning

In Sunday's ruling — as well as the one dissolving the lower house last June — the court ruled that the law governing elections was unfair because it allowed parties to run for the third of seats set aside for independents.

By the time they lifted the siege, the constitutional panel had already adopted the charter in an all-night session and a referendum was called for its ratification. The new constitution gave legislative power to the normally toothless Shura Council until a new lower house is elected. It also barred the dissolving of the Shura Council. THE ASSOCIATED PRESS

Anti-riot police stand guard in front of the Supreme Constitutional Court in Cairo. AMR NABIL/THE ASSOCIATED PRESS

HELP ME BUILD A BRIGHTER FUTURE
PLEASE DONATE
Donate today by visiting friendsofcmhr.com or call 1.866.828.9209
friends of THE CANADIAN MUSEUM FOR HUMAN RIGHTS

In Jamie Hubley's honour

Feds to announce an anti-bullying network of kids

The suicide of 15-year-old Jamie Hubley in 2011 was a tragedy that hit the local community hard, but personal connections sent the heartache reverberating through the halls of Parliament Hill and the Ontario legislature too.

Hubley, an openly gay student who had been bullied for years, was the son of Ottawa city councillor Allan Hubley.

Hubley, the prime minister's wife Laureen Harper and Heritage Minister James Moore are set to announce a new national anti-bullying and anti-discrimination program on Monday at the late teen's former school.

The program, according to government sources, will be set up through the Canadian Red Cross. The idea is to have thousands of young people trained to deliver anti-bullying workshops and promise to reach at least 20 other kids.

"Our government wants to ensure that our young people have the resources they need to prevent bullying," an official said. THE CANADIAN PRESS

Security. Head of RCMP once decried how Canada held suspected terrorists

On his way to becoming Canada's top cop, Bob Paulson told internal reviewers the national security-certificate process for detaining suspected terrorists was "completely off the rails," newly released documents show.

In an interview with an auditor examining the program, Paulson, now RCMP commissioner, expressed concerns about excessive secrecy.

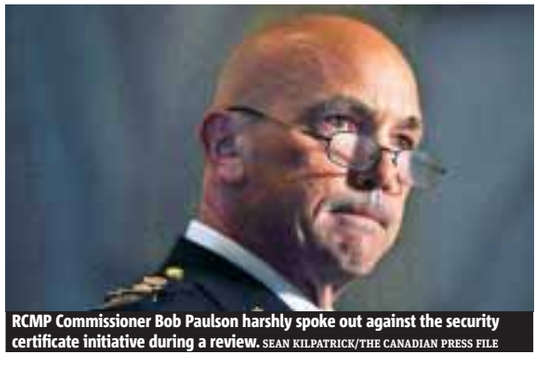
Such certificates are a seldom-used tool for deporting non-citizens suspected of terrorism or espionage.

"In my view, we over claim the protection of sources and methods, and this is convenient if you can get away with it," say notes from the 2009 interview.

Paulson was assistant RCMP commissioner for national security at the time.

The discussion was part of a federal evaluation of the "relevance and performance" of the security-certificate initiative, which had been revamped in 2008 after elements were found to be unconstitutional.

Despite the changes, critics have persistently denounced the certificates because the person named sees only a barebones summary of the case against them. THE CANADIAN PRESS



RCMP Commissioner Bob Paulson harshly spoke out against the security certificate initiative during a review. SEAN KILPATRICK/THE CANADIAN PRESS FILE

The next industrial revolution is coming to a printer near you

3D printers. Emerging technology could disrupt mass manufacturing by changing how and when things are made

Invisalign, a San Jose company, uses 3D printing to make each mouthful of customized, transparent braces. Mackenzies Chocolates, a confectioner in Santa Cruz, uses a 3D printer to pump out chocolate moulds. And earlier this year, Cornell University researchers used a 3D printer, along with injections of a special collagen gel, to create a human-shaped ear.

Once a science-fiction fantasy, three-dimensional printers are popping up everywhere, from the desks of home hobbyists to U.S. air force drone research centres. The machines, generally the size of a microwave and costing $400 to more than $500,000, extrude layer upon layer of plastics or other materials, including metal, to create 3D objects with moving parts.

Users are able to make just about anything they like: iPad stands, guitars, jewelry, even guns. But experts warn this cool innovation could soon turn controversial — because of safety concerns but also the potential to alter economies that rely on manufacturing.

"We're on the verge of the next industrial revolution, no doubt about it," said Dartmouth College business professor Richard D'Aveni.

"In 25 years, entire industries are going to disappear. Countries relying on mass manufacturing are going to find themselves with no revenues and no jobs."

THE ASSOCIATED PRESS

Try this at home

- Starting in June, office-supply chain Staples plans to be the first major retailer to supply 3D printers with "the Cube," a plug-in device that uses 16 colours and costs $1,299 US.
- In September, the smallest and cheapest 3D printer on the market is due to start shipping — a printing pen called the 3Doodler, priced from $50 US.

Quoted

"We believe that 3D printing is fundamentally changing the manufacturing ecosystem in its entirety — how and where products are made and by whom." **Peter Weijmarshausen, CEO of New York-based Shapeways,** an online company that makes and sells 3D-printed products designed by individuals

On-the-spot production

What's the advantage of 3D printers?

On ground, sea or air, when parts break, new ones can be made on the spot, and even the tools to install them can be made, eliminating the need for staging parts in warehouses around the world, said Jeff DeGrange, vice-president of Direct Digital Manufacturing at Stratasys Inc., currently the industry leader in a field of about 50 3D-printer companies.

"We're going to see innovation happening at a much higher rate, introduction of products at a much higher rate," said DeGrange. "We live in an on-demand world now, and we'll see production schedules are going to be greatly compressed."

Airplane mechanics could print a replacement part on the runway. A dishwasher repairman could make a new gasket in his service truck. A surgeon could print a knee implant custom-designed to fit a patient's body.

But the military, D'Aveni said, is likely to be among the first major users of 3D printers.

THE ASSOCIATED PRESS

Brook Drum, the founder and CEO of Printrbot, talks about his $299 US portable 3D printer on May 15 during the Hardware Innovation Workshop in San Mateo, Calif. Such printers usually extrude plastic, layer upon layer, to create objects. ERIC RISBERG/THE ASSOCIATED PRESS

Anti-austerity protests held across Europe

A masked man in Pamplona, Spain, protests on Saturday against austerity measures to control the Spanish state budget deficit. The same day, demonstrators took to the streets of dozens of European cities to express their anger at government cuts they say are making the financial crisis worse by stifling growth and increasing unemployment. ALVARO BARRIENTOS/THE ASSOCIATED PRESS

Apple, U.S. Justice Department to square off in price-fixing case

Antitrust lawsuit. Government alleges company conspired to boost prices of ebooks

In a civil case where the words of Steve Jobs play prominently, the U.S. government and Apple Inc. are set to square off over allegations that Apple conspired with the country's largest book publishers to make consumers pay more for electronic books.

U.S. District Judge Denise Cote is scheduled to begin hearing the price-fixing case Monday in federal court in Manhattan. The trial stems from an antitrust lawsuit brought last year by the Justice Department, which accused Apple of helping hatch the scheme at a meeting with publishers in 2009 as it was preparing to launch the iPad.

Its purpose was to force Seattle-based Amazon.com, the marketer of Kindle ebook readers, to raise the $9.99 US price it had set for the most popular ebook titles because that was substantially below their hardcover prices, the government says.

"Apple wanted to sell ebooks to the public, but did not want to compete against the low prices Amazon was setting," the government wrote in its court papers. "Apple knew that the major publishers also disliked Amazon's low prices and saw Apple's potential entry as a pathway to higher retail prices industrywide."

The Justice Department accuses the conspirators of agreeing that instead of selling books to retailers and letting them decide what price to charge readers, the publishers would convert the retailers into "agents" who were restricted from lowering the publisher-set retail price. The arrangement guaranteed Apple a 30-per-cent commission on each ebook it sold.

The government has alleged that the scheme cost consumers tens of millions of dollars by adding $2 or $3 US, sometimes as much as $5, to the price of each ebook. It also argues part of the proof is Jobs' own account of the arrangement.

In its papers, lawyers for Apple have accused the government of basing its case "on mere allegations, faulty assumptions and unfounded conclusions." The Cupertino, Calif.-based company has denied claims that its agreements required publishers to force Amazon to charge more for ebooks. THE ASSOCIATED PRESS

Visitors look at ebooks at the Frankfurt Book Fair in this file photo. On Monday, an ebook price-fixing case against Apple starts in Manhattan. THE ASSOCIATED PRESS FILE

Policy change

Want a coffee and a smoke? Not at Starbucks

Starbucks customers will now have to stamp out their cigarettes before approaching the cafés.

The Seattle-based chain has banned smoking within 25 feet (about 7.6 metres) of its stores. A Starbucks spokeswoman says the intent is to expand the indoor no-smoking policy to the outdoor seating areas.

The policy shouldn't cause a big difference in many areas that already ban smoking within a certain distance of a business entrance. The rule will apply to Starbucks' 7,000 cafés regardless of whether they have outdoor seating areas. THE ASSOCIATED PRESS

The spooky mermaid lady wants you to butt out. GETTY IMAGES FILE

You're invited!

Canadian Western Bank
is offering a special 1/4%* bonus!

1/4%* BONUS

If you qualify for Gold Leaf PLUS® Status (age 57 or over), present this coupon at your local branch during Seniors' Week June 3 - 7 and receive a special bonus of 1/4%*on any 1 - 5 year fixed rate GIC, including RRSP, RRIF, TFSA or non-registered!

CANADIAN WESTERN BANK
The Working Bank®

Downtown
244 - 2 Avenue South
Ph: 306.477.8888

North Landing
101 - 2803 Faithfull Ave.
Ph: 306.244.8008

* 1/4% bonus available on any 1 - 5 year fixed rate GIC, RRSP, RRIF or TFSA GIC purchased June 3 - 7, 2013 at participating branches only. Coupon must be presented at time of purchase and cannot be combined with any other offer. Bonus applies to posted branch rates and is available on a minimum deposit amount of $1,000 and maximum deposit amount of $100,000 per client. See branch for details.

cwbank.com

Temple to the Stars gets a facelift

A man takes a photo of the interior of Wilshire Boulevard Temple in Los Angeles. From its very beginnings, the imposing marble edifice with the glistening copper dome rising 100 feet above the edge of downtown has been a major Hollywood production. During the Golden Era, movie moguls including Louis B. Mayer helped bankroll the cavernous synagogue, and it became known as the Temple to the Stars. Now, it's getting a $150 million US reboot — just in time for summer release. In the coming weeks, the sanctuary's ornate front doors will open for the first time in nearly two years, allowing the public to see a restoration that includes refurbished murals depicting the history of Judaism by the great film artist Hugo Ballin. THE ASSOCIATED PRESS FILE

RIVER, THIS IS ALL YOUR FAULT

URBAN COMPASS

Hilary Nelson
saskatoon@metronews.ca

We have a problem in Saskatoon, a problem that divides us.

A problem that has cost taxpayers over a billion dollars since Saskatoon's inception. It snarls traffic; transmits disease, garbage, and pests; and kills several Saskatonians each year. It also smells bad and refuses to freeze properly in the winter.

I am talking, of course, about the river.

We simply cannot afford to maintain this natural feature that splits Saskatoon in two.

Recent discussions have hinged on the size and cost of river crossings; several of the current ones are in need of major repair.

It is a fact universally acknowledged that the bridges are solely responsible for all bottlenecks, everywhere.

Even the mayor himself recognizes the problem, stating that the No. 1 cause of congestion in North America is "lack of bridges." It's past time we stop this environmental subsidy. The river is no longer a route to prosperity — transport via boat is so 19th century. The river is holding Saskatoon back from being a true economic powerhouse.

True, we will lose a small portion of the natural habitat and its attendant wildlife in the city.

However, we can all agree that geese are nasty and dirty. And how many pelicans do we need, really? One or two should do the trick. They all look the same, and besides, that's what the zoo is for.

But how, you say?

I have a modest proposal. Since the auspicious discovery of oil and other non-renewable resources deep within Saskatchewan's bowels, we have an abundance of machinery capable of punching holes in the Earth's crust.

We simply have to drill deep enough and often enough that the water rushes down into the mantle and vaporizes, forming steam. We can then capture this steam and use it to power every single thing in Saskatoon.

Once the riverbed is dry, we can cross at our discretion. No longer will we have puffed-up political proselytizing in chambers. The environmentally minded will be thrilled to have a constant source of clean energy.

As for a water source, we can just cool off some of the steam emitted from the pipes — no treatment necessary, since it's already boiled. Granted, the initial cost of this proposal may seem steep, but it's a final solution to an ongoing problem that has plagued Saskatoon since its inception.

We're all tired of talking about bridges. Let's take the next step. Let's pave the river.

Outdated concept

It's past time we stop this environmental subsidy. The river is no longer a route to prosperity — transport via boat is so 19th century.

ZOOM

What plagues the puffin?

THE ASSOCIATED PRESS FILE

East coast seabirds dying of starvation

This Atlantic puffin is seen with a beak crammed with fish to feed its young, but the population is at risk in the Gulf of Maine. The comical-looking seabirds have been dying of starvation and losing body weight, possibly because of shifting fish populations as ocean temperatures rise, according to scientists.

THE ASSOCIATED PRESS

Butterfish too fat to feed to the kids

Instead of feeding their young primarily herring, puffin parents were giving them large numbers of butterfish, a more southerly fish that's becoming more abundant in the Gulf or perhaps more accessible to seabirds because they've moved higher up in the water column.

But the chicks ended up starving to death because the butterfish were too big and round for them to swallow says Steve Kress, director of the National Audubon Society's seabird restoration program. Piles of uneaten butterfish were found next to some of the dead birds.

The amount of herring in the puffin's diet has been falling by about five per cent a year. THE ASSOCIATED PRESS

Clickbait

LUKE SIMCOE
luke.simcoe@metronews.ca

Who says games have to be fun? If you're over Angry Birds and tired of being a Fruit Ninja, give some of these smartphone distractions a spin. What they lack in playability they make up for in sheer baffling wonderment.

Enviro Bear 2010:

In what some reviewers describe as "an elaborate troll," you take on the role of a car-driving bear trying to stock up on food for the winter. The only catch? The controls are almost meaningless, and winning seems impossible.

Frederic — The Resurrection of Music:

Play as zombie composer Frederic Chopin as he dances on a piano while battling French rappers. What's not to love?

QWOP:

The grand-daddy of futile games. For merely 99 cents, iPhone users can try — and fail — to lead a track star across the finish line, one floppy muscle group at a time.

Letters

RE: Whiny Airplane Travellers Can Go Fly a Kite, published May 29

In John Mazerolle's column He Says, he talks about how whiny people can be on airplanes and how annoying it can be.

He goes on to say he loves flying.

I know some people are annoying needlessly, but there are some people like me who hate flying due to mental illness.

We folks suffer severe anxiety and it can be quite uncomfortable at times. I don't say anything out loud and bother people, I just suffer in silence.

I have two sisters who live out West and so I have to fly to see them and it's something that can be very stressful.

I realize he's trying to be funny, but for some of us it's not a laughing matter.

It seems as though he wasn't thinking about people like me when he wrote that, and I am offended enough to write to you about it.

Jim Inglis, Halifax

WE WANT TO HEAR FROM YOU:
Send us your comments: saskatoonletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Saskatoon** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Barry Paton • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO SASKATOON** • #100, 728 Spadina Crescent East Saskatoon, Sask. S7K 4H7 • **Telephone:** 306-649-2025 • **Toll free:** 1-877-895-7193 • **Fax:** 1-888-895-6931 • **Advertising:** adinfosaskatoon@metronews.ca • **Distribution:** saskatoon_distribution@metronews.ca • **News tips:** saskatoon@metronews.ca • **Letters to the Editor:** saskatoonletters@metronews.ca

Parental guidance suggested

Will and Jaden Smith teaming up for After Earth has us thinking of other real-life parent-child movies

METRO WORLD NEWS

The actors, films	Their ages	Their roles	The results
Melvin and Mario Van Peebles Sweet Sweetback's Baadasssss Song (1971)	39, 14	Melvin plays an entertainer at a brothel falsely accused by "The Man." Mario plays his younger self in a fairly graphic introductory scene where he loses his virginity to a prostitute. Thanks, dad!	Even though what was shot very nearly qualifies as child pornography, it apparently wasn't traumatic. Mario grew up idolizing and often working with his father. He became a filmmaker himself, making New Jack City and Baadasssss! — an account of the making of his father's pioneering black cinema classic. Mario even stars as his wildly charismatic, cigar-chomping, lady-killer pop.
Ryan and Tatum O'Neal Paper Moon (1973)	32, 10	Ryan is a charismatic con man in the Depression-era South who collects fraudulent fees from rubes for bibles. Tatum plays a little girl who may be his daughter. She proves a grifting prodigy.	Ryan, often a wooden rent-a-hunk, was atypically alive and hilarious in this Peter Bogdanovich comedy. Ditto, for that matter, Tatum, who became the youngest-ever Oscar winner. She did The Bad News Bears but struggled through an adult career. Ryan, meanwhile, did two more films of major note (Barry Lyndon and The Driver), but soon returned to crap films. Their relationship became strained. Tatum alleged that Ryan hit on her at Farah Fawcett's funeral.
Henry and Jane Fonda On Golden Pond (1981)	76, 44	Henry is a crotchety, terminally sweary old-timer who is estranged from his daughter, played by Jane. This isn't that far from the truth, except that Henry wasn't married to Katharine Hepburn.	The two were famously estranged, despite him being, like her, a liberal — back when such a thing wasn't cool. The film helped them patch things up, just as what happens in the film. Henry died soon after winning his first Oscar, which Jane accepted on his behalf.
Martin and Charlie Sheen Wall Street (1987)	47, 22	Charlie is an upstart who gets associated with the wrong scene, while his father scowls. They also acted in this movie together.	The two would reunite, for about 10 seconds, in Hot Shots Part Deux, in a scene that parodies Apocalypse Now: Passing by each other on ships, they simultaneously stand and proclaim, "Loved you in Wall Street!"
Sylvester and Sage Stallone Rocky V (1990)	44, 14	Sly is a slow mumblemouth who solved the Cold War, but is still stuck penniless in a miserable South Philly neighbourhood because his brother-in-law is an idiot. Sage is his resentful son who gets an earring.	Sage took over the role of Rocky Jr. from someone actually named Rocky Krakoff. He didn't get great reviews, but neither did the film. Still, he acted again with his dad in Daylight, and appears in Vincent Gallo's Promises Written in Water, which Gallo won't let anyone see. Last year, Sage died of a heart attack at 36 years old.
Jon Voight and Angelina Jolie Lara Croft: Tomb Raider (2001)	63, 26	Jolie is a buxom archaeologist who does all the things that Indiana Jones can't, like have breasts. Voight is her dead father who she meets in an alternate dimension.	Jolie and Voight have had a bumpy relationship. They reconnected as her career exploded, then "broke up" again, then came back together after her mother's death. Still, Voight said he found out about her double mastectomy with everyone else.

Type 2?
This means you.
Consider a Clinical study to evaluate an Oral Investigational Drug for **Type 2 Diabetes**

We are now enrolling adults who...
- Have type 2 diabetes
- Have uncontrolled blood sugar levels
- Are taking metformin (at least 1500 mg per day)
- Do not have severe uncontrolled high blood pressure

Participants may receive study-related...
- Doctor Visits
- Research Drug or Placebo
- Laboratory Work or Procedures
- Blood Glucose Meter

To learn more about how you may be eligible to participate,

PLEASE CONTACT:

Study Coordinator
Geeta Nayar
125 Medical Arts Bldg
750 Spadina Crescent E.
Saskatoon, SK
S7K 3H3
PH: 306.652.5414

Brothers Restaurant
DIM SUM $3.75 All day until 1:30 AM
DINING HOURS
Monday to Friday • 11 AM to 9:30 PM • Closed Thursday
Sat & Sunday • 10:30 AM to 9:30 PM
Take Out & Delivery Available • Licenced
325 Avenue C South • 306.649.8888

Montreal's DJ Champion returns to music after recovering from cancer

A Champion. Maxime Morin releases 1, a journey through the recent years of his life

When Montreal's DJ Champion was diagnosed with cancer three years ago, he felt strangely confident he could fight it. The outlook for his career, however, appeared terminal.

"I gave up on music," said the 43-year-old musician, born Maxime Morin, from his home recently.

"It was very important for me at that time to get better, to just say: 'OK, I'm done with music. As of now, I do not consider myself a musician anymore. I do not consider myself anything. Just a human being trying to stay alive.'

"We're talking about life — my own life," he added. "Don't (mess) with it. So stop pretending to be someone, and just be alive."

He succeeded there, and as the threat of cancer dissipated, Morin re-engaged with music — resulting in last Tuesday's release of the expressive, elegant 1.

But it's easy to understand why this orchestral feat once seemed an impossible dream.

When Morin was diagnosed with Stage 3 lymphoma in spring 2010, his doctor believed he had only about two or three months to live.

But she didn't share that dire prognostication with the Quebec turntable maestro.

"They don't tell you that when you're about to die," he said with a hearty laugh, showcasing the gallows humour that appears to have become second nature.

"If you have a good doctor, they won't tell you. My doctor didn't tell me that. Because the first time I saw her, she was very subtle, very calm."

DJ Champion was diagnosed with cancer but he was convinced it wasn't his time to die — yet. PAUL CHIASSON/THE ASSOCIATED PRESS

Morin was to have eight treatments and begin medication. And he was going to survive.

"She told me with her conviction ... she was going to heal me, and save me," he recalled. "That's it, that's all. No questions asked.

"I was convinced that it wasn't my time," he added. "Yes, I was going to die, but not that day, not that year, not right now. I was convinced of that."

He was right, which he'd find out about six months later. Morin was given a clean bill of health.

Asked how he feels now, he responds with characteristic wit.

"I'm a used car," he says. "But I'm OK."

THE CANADIAN PRESS

The album

- 1 certainly is new, a marked departure from DJ Champion's previous work — which was often characterized by the inspired alchemy of such seemingly disparate genres as grunge, electronic, soul and dance.
- On his latest work, Champion is uncommonly focused, creating an ornately orchestrated journey through the harrowing but ultimately triumphant recent years of his life. He's still incorporating giddy bits from every corner of his record collection — with guitars and electro baubles gleaming above the surface — but the album's ever-present strings bind the mix to a symphonic sonic framework.
- Champion said the album is meant to represent him, warts and all. "I wanted to be transparent," he said. "This is who I am. This is what I am. That's why no blues songs or blues-grunge songs are there. I wanted to show I can't sing. I'm a bad singer. That's who I am."

It's Romeo and Juliet — the record label edition

When Elvis Costello and The Roots teamed up for a new album, they knew their pairing was unlikely and unconventional, so they secretly recorded music without the approval of their record labels.

"Sometimes if you ... get the record company involved, then people have ambition rather than starting to play, so we started to play," Costello said in a recent interview.

"We did it without a label or deadline pressure," said Ahmir "Questlove" Thompson as he sat next to Costello. "This absolutely was a passion project."

They began recording Wise Up Ghost, which will be released Sept. 17, two years ago. It's a moody, 12-track album that features both new songs and others borrowed from Costello's catalogue, including the drum-filled Sugar Won't Work, which samples from You Left Me in the Dark, and the soft and simple Tripwire, which takes from Satellite.

Elvis Costello poses for a portrait with drummer Ahmir 'Questlove' Thompson of The Roots. DAN HALLMAN/INVISION/THE ASSOCIATED PRESS

The Roots first collaborated with Costello on NBC's Late Night With Jimmy Fallon, where the hip-hop group is the house band. They also worked with the 58-year-old British rocker at a Prince tribute concert in March.

"This is like our dream — that's all I can say," a smiling Questlove said.

"This is the first project at Fallon where I'm making my musical dreams come true."

Longtime Roots collaborator Steven Mandel co-produced Wise Up Ghost with Questlove and Costello.

THE ASSOCIATED PRESS

SALES REPRESENTATIVE

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

When you join Metro, you become part of a cross-country community. We strive to provide a culture that is engaging, flexible and creative; we value our employees and their feedback. Metro offers a comprehensive compensation and benefit package.

Metro Saskatoon is seeking an individual to achieve regional targets for print & online and other performance metrics by developing new business.

PRIMARY RESPONSIBILITIES:

- Manage and grow an assigned retail sales territory
- Design advertising programs to reflect the clients' objectives
- New Business Development
- Creatively negotiate rates
- Sell a portfolio of Metro branded products

REQUIREMENTS OF THE POSITION:

- Post secondary education in a related field
- 3 years experience in sales/media sales
- Proficient in Microsoft Office applications
- Creative, efficient, flexible & detail oriented
- Strong verbal and written communication skills
- Proven track record in profitable selling

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than May 31, 2013.
PLEASE QUOTE: "Sales Representative - Saskatoon" in the subject line.
All submissions will be treated as confidential.

metro

Beyoncé. PHOTOS: GETTY IMAGES

Beyoncé drinks to her non-existent pregnancy

Beyoncé certainly knows how to deal with those pesky pregnancy rumours: The singer, who has been plagued with speculation she's expecting for the past month, posted a photo to her Tumblr blog from her recent visit to Germany showing her perched in husband Jay-Z's lap sipping a glass of red wine. While it's not an out-and-out denial, the message seems to be clear. This comes on the heels of Jay-Z saying in a radio interview that rumours of Beyoncé's pregnancy are "simply not true."

Justin Bieber

More tattoos for Justin? You better Belieb it!

Justin Bieber can't stop getting tattoos — or at least he won't stop. The 19-year-old pop star appears to be averaging about one new piece of body art a month for 2013. His latest, as unveiled when he attended the premier for pal Jaden Smith's new film, After Earth, appears to be a rendering of a knight in shining armour on the inside of his left forearm, according to Splash News. That happens to be the arm where he's put most of his new ink, including a tiger head on his bicep and an angel by his wrist that first appeared during his European tour. It won't be long now before Bieber is sporting a full sleeve on his left arm.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Statham starves himself, Leo finds another angel

STARGAZING
Malene Arpe
scene@metronews.ca

Jason Statham is eating nothing but rice and spinach in order to get in shape for a role. The part is that of a miserable dieter driven to a life of crime and violence and ultimately finding redemption after accidentally consuming eight Mars Bars.

Justin Bieber is again investigated for reckless driving. It was all a giant misunderstanding. His pants got tangled in the steering wheel and his ego got tangled with his perception of reality.

Amanda Bynes Twitter-feuds with Rihanna while Frances Bean Cobain Twitter-feuds with Kendall Jenner and Kelly Osbourne rekindles her old feud with Lady Gaga in a Cosmopolitan interview. Next week, just to keep things interesting, Rihanna will go after Kendall on Instagram while Gaga hits Amanda over the head with a rolled up magazine.

Australian prime minister Julia Gillard says that she's a huge fan of Game Of Thrones and especially of House Targaryan. Interesting.

A Danish fan slaps Beyoncé's backside at a concert in Copenhagen. She got all upset and threatened to have him removed, clearly not realizing it was national sangerindesmækkedag.

Jimmy Kimmel says that he did not buy a $1.9 million painting of a topless Bea Arthur. In unrelated news, Kanye West didn't buy the moon, Tom Cruise didn't buy 100 cars and Justin Bieber, most emphatically, didn't buy a pair of grown-up pants.

Breaking Bad's Aaron Paul got married. He fumbled a bit with "until meth do us part," but otherwise it was a lovely ceremony.

Leonardo DiCaprio is dating a Victoria's Secret model. This would be his fourth Victoria's Secret girlfriend. Perhaps it's time to try Land's End or L.L. Bean.

Amanda Bynes

Bynes is sick of the 'insanity' of magazines

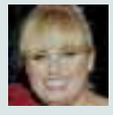
Amanda Bynes is now making an effort to control what the press write about her — under threat of lawsuit. "All magazines: Contact me personally! I'm sick of your insanity! You can not talk about someone you don't know," she wrote in her latest Twitter screed. "You can't state something about me by hearing it through someone I don't know (or) met once and never spoke to again who now claims to still know me enough to check my brain and search inside it and find a developed-at-27 mental illness without getting a huge lawsuit at your office."

Philip Seymour Hoffman

Downward spiral leads to rehab for Hoffman: source

Oscar-winning actor Philip Seymour Hoffman quietly completed a 10-day stint in rehab late last week to address a reported growing drug problem that topped out with the actor allegedly snorting heroin, according to E! News. Hoffman's problems are said to have started last year with prescription pill abuse and escalated from there, though sources say he only took heroin for about a week before checking himself into a treatment facility after recognizing his downward spiral. "He recognized it and took care of it," says the source.

Twitter



@RebelWilson
When I'm out listening to podcasts it takes my mind off the fact that I'm doing cardio (which is good)

@oliviawilde
Prep for new movie involves wearing trash bags, tin foil, and face plaster. Gaga, eat your heart out?

@SofiaVergara
Exciting news, I'm the next person to get a Madame Tussauds wax figure. So honored!

Lighter load

Re-use plastic pill container as sunscreen bottle

We all know it's important to re-apply sunscreen, but carrying around a whole, full-sized bottle of sunscreen can be cumbersome. Lighten up your load with this simple tip: Re-use a plastic pill container as a smaller sunscreen bottle. Wash the pill bottle and fill it with sunscreen—it's the perfect size to use on the go and handy if you carry different sorts of sunscreen. It's that easy and it's great for camp, cottage, or taking to the beach. CAROLINE FERNANDEZ/ YUMMYMUMMYCLUB.CA

Works a charm

Use the toy trick when travelling with a crying baby

When travelling with your infant who screams because he or she hates the car, make sure you have a pile of soft toys stacked up beside you on the passenger seat. At red lights or stop signs you can reach your arm back, and drop a new soft toy on his or her lap (or head — it's hard to have good aim, that's why they're soft.) This will distract your baby long enough for you to drop another new toy at the next stop sign or red light. It's like magic, I swear. JEN WARMAN/ YUMMYMUMMYCLUB.CA

Exclusively Online

Dora the Wine Fridge Explorer? Si! Read more comedic (mis) adventures of parenthood online, with a glass in hand, with Reasons Mommy Drinks at metronews.ca/voices

Her body is her body, and it's meant to dance, not quit

Staggering statistic.
Six out of 10 girls avoid activities because they don't like their bodies. We as parents must help to lower that number

ALI MARTELL
yummymummyclub.ca

Ballerinas of the future need positive role models at home. ISTOCK

I took ballet for 10 years. From the time I was two years old until I was 12, I spent several days a week perfecting my pliés and pirouettes and arabesques and revoltades.

I might have even been good, too, but I'll never know.

Because I quit.

Because I was a stupid pre-teenager. It was too hard, too time-consuming. And there was a little not-allowed-to-wear-underpants-underneath-the-leotard situation.

But mostly, I quit because of my body. At age 12, my body began changing — it was too large in some places and too small in other places. I was, like many girls are before they grow into their women-bodies, the bodies that will one day grow their babies — a wee bit awkward. Apparently, and unfortunately, I'm not alone in this. Six out of 10 girls avoid activities because they feel badly about the way they look.

When my oldest daughter was born and I heard that lovely "It's a girl!" announcement, the first thing I said was, "God, I can't wait to put her in a tutu." And I stayed true to my word. She was in a tutu almost before she could speak.

At 12, she is my mini me. She looks almost exactly like me; she's built almost exactly like me. Once, just once, we had the conversation I worried about the minute I became the mama to a daughter:

"Mama, I hate my body."

"What?"

"My friends are all so tall and thin. I am short and stout, like the little teapot."

"We are all built differently, my love. You are the perfect you that you can be."

"Hrm. I don't know if you are right."

"Do you exercise?"

"Of course. I bike and swim and dance and play basketball and walk to and from school and jump on the trampoline and I'm thinking of trying out for track and field."

"Do you eat a lot of foods that are good for you?"

"Of course. I love peppers and broccoli and green beans and artichokes and asparagus."

"Then that is all that matters. If you treat your body the way it should be treated, your body will grow into what it should be — a perfect woman."

I don't want her to quit like I did. She's so good. Six out of 10 girls avoiding activities. Six out of 10! I don't want my daughter to be one of the six. Research shows, though, that when girls have positive role models at home — often mom — they tend to be less likely to let their anxieties get the better of them. Her body does amazing things — she can pop and lock and shake and shimmy and whatever those young kids are doing these days. And there are moments when she's on that dance floor, and I'm sure that she's flying.

I want her to know that bodies come in all shapes and sizes. It's my job as her mother to remind her of this and to not make the same mistakes that kept me from pursuing something I loved, something I could have been amazing at.

Her body is her body, and it's a body that's meant to dance. To fly. To be celebrated. To wear a tutu if she wants.

Not to quit.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

10 sure-fire ways to know you're a parent

This list is here for clarity, because I'm assuming a lot of you were wondering this very question: "Am I? Am I really a parent?"

10) You've spat on your finger to wipe food/dirt/poo off of your child's face.

9) You've had saliva, urine, and feces sprayed/mashed/smeared on you at some point or another.

8) At any moment, you could cry. You never know when, but it could happen. Like. Right. Now. "They're so beautiful."

7) At any moment, you could rage. Like. Right. Now.

6) In your WORK bag, you find the strangest stuff: a soother, a crushed juice box, half a crayon, a lid to something, a doll, a mini truck, a sandwich crust, rocks from the garden...

5) You see danger around every corner. And if it's a sharp corner — you pad it.

4) You do shit you never thought you'd do, and think, "I'm sorry for judging you other parent that I judged that one time..." (and let's be honest, it was more than just one time). You now have that kid.

3) You have 1,756 photos on your phone and 1,752 of them are of your child/children

2) Your dog (a.k.a your first baby) is terribly neglected: he needs a haircut, probably has fleas and only gets fed if you remember.

1) And the number one way you can tell that you're a parent? Your heart always aches with a love so heavy that you finally understand why parents do the crazy things they do for their children. JEN WARMAN/YUMMYMUMMYCLUB.CA

What's black and sugary and delicious all over? Rice pudding

Judith Finlayson professes a love for the taste and texture of rice, whether it's brown, red or Thai black sticky rice.

Though the cookbook author hasn't been able to duplicate a sweet concoction of mangoes and sticky rice she sampled while travelling in Thailand, this recipe for black sticky rice pudding is one of her favourites and she has included it in her most recent cookbook, The Complete Gluten-Free Whole Grains Cookbook.

"It is so easy and so good."

Thai black sticky rice is available in Asian markets. If desired, you can cook the rice in your rice cooker on the brown rice setting. The recipe calls for mangoes, but other fruits like strawberries, kiwifruit or peaches are also tasty.

This dessert is suitable for those following a vegan food plan.

Ingredients

Makes 6 servings

375 ml (1 1/2 cups) water
175 ml (3/4 cup) cooked Thai black sticky rice
1 can (400 ml/14 oz) coconut milk
125 ml (1/2 cup) packed Demerara or other raw cane sugar
2 ml (1/2 tsp) salt
250 ml (1 cup) sliced strawberries or kiwifruit or chopped peaches or mango
50 ml (1/4 cup) toasted shredded sweetened coconut
Finely chopped mint (optional)

The gluten-free and vegan-friendly Black Rice Sticky Pudding.
THE CANADIAN PRESS

1. In a bowl, combine water and rice. Set aside to soak for at least 4 hours or overnight.

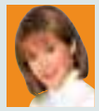
2. When you're ready to cook, transfer rice and soaking water to a heavy pot with a tight-fitting lid. Bring to a rapid boil over medium heat. Reduce heat to low and simmer until rice is tender, 30 to 45 minutes. (Don't lift the lid.)

3. In a saucepan, combine coconut milk, raw sugar and salt. Bring to a boil over medium heat and cook, stirring, until sugar dissolves. Stir in cooked rice and cook, stirring, until thickened, about 10 minutes. Transfer to a serving bowl and chill, if desired. When you're ready to serve, top with fruit and garnish with shredded coconut and mint, if using.

THE COMPLETE GLUTEN-FREE WHOLE GRAINS COOKBOOK BY JUDITH FINLAYSON (ROBERTROSE.CA, 2013)/ THE CANADIAN PRESS

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

If you're looking for a quick liquid meal, Booster Juice is a great choice. But be careful what you decide to sip on.

Booster Juice Funky Monkey

585 calories/ 9 g fat/ 20 g protein

Close to 600 calories for breakfast and an afternoon snack is over the limit. The reason is the vanilla frozen yogurt, which has lots of calories and sugar. If you want protein, three quarters of a cup of Greek yogurt has 18 g of protein.

Equivalent

One Funky Monkey Booster Juice is equivalent in calories to one chubby chicken sandwich from A&W.

Booster Juice Berry Cream Sensation

325 calories/ 3 g fat/ 5 g of protein

This is made primarily of fruit and no frozen yogurt. Ask for an extra scoop of protein powder if you like.

Cream Cheese Filled Brownies. An unusual treat made in heaven

A light dessert made in heaven. Moist and dense brownies sandwiched between a light cream cheese filling.

1. Preheat oven to 350 F. Spray an 8 inch square baking dish with vegetable spray. Make the filling: In a food processor or in a bowl with an electric mixer, beat together cream cheese, sugar, milk and vanilla until smooth. Set aside.

2. Make the brownies: In a large bowl whisk together brown sugar, sour cream, oil, whole egg and egg white. In a separate bowl, stir together flour, cocoa and baking powder. Add liquid ingredients to dry, blending just until mixed.

3. Pour half the brownie batter into prepared pan. Spoon filling on top; spread with a wet knife. Pour remaining batter into pan. Bake 20 to 25 minutes or until just barely loose at centre.

ROSE REISMAN

Ingredients

Makes 16 brownies
Preparations: 15 min
Baking time: 20-25 min.

• Filling

4 oz light cream cheese, softened
3 tbsp granulated sugar
2 tbsp 2% milk
1 tsp vanilla extract

• Brownies

1 cup packed brown sugar
1/3 cup light sour cream
1/4 cup vegetable oil
1 egg
1 egg white
3/4 cup all-purpose flour
1/2 cup cocoa
1 tsp baking powder

Doctor that dessert and give your ice cream a makeover

Sometimes it takes the mind of an eight-year-old boy to come up with a brilliant idea. At least when it comes to ice cream.

My son and I had just left a Ben & Jerry's ice cream shop where we'd snarfed down all sorts of colourful and creative flavours like Americone Dream (vanilla with fudge-covered waffle cone pieces and caramel) and Phish Food (chocolate with marshmallow, caramel and fudge fish). And then he got really quiet for a moment, which generally is just a pre-storm calm.

"We need to make our ice cream and sell it this summer," Parker began with rapid-fire excitement.

Except that neither I nor most parents have the time (nor kids the patience) to truly make ice cream from scratch. And as my son had so wonderfully demonstrated, the fun isn't in making the ice cream base, but in testing all manner of whacky-delicious things you can flavour it with.

Rules

- Start with quality ice cream in basic flavours (vanilla, chocolate, mint, coffee, etc.)
- Choose mix-ins that either are or can be cut or broken into bite-size pieces
- Go for contrast with your mix-ins, something crunchy (such as pretzels) with something soft (such as marshmallow)
- Think beyond sweet (potato chips, corn chips, peanuts, cashews, wasabi peas, etc.)
- Don't let the ice cream soften too much. Aim for soft serve consistency, then add your mix-ins

The solution? Doctored ice cream. Using the above instructions, do the best you can to create your favourite flavours. Mine and my son's were Rice Crispies Treat ice cream and Quadruple Chocolate Eclair ice cream, but feel free to make your own.

Some doctored ice cream, including Rice Crispie Treat ice cream. AP PHOTO

THE ASSOCIATED PRESS

Of jitters and genders.
Who is more prone to panic at a job interview?

Are you as tough as nails or does interview anxiety often get the best of you? ISTOCK

Coming down with a case of the jitters during a job interview is hardly surprising, but is anxiety experienced in these high-pressure settings greater for men or women?

A University of Guelph study found there was no difference between males and females when it came to self-reported and interviewer-rated anxiety. However, there was a gender divide when it came to interview performance — and males were affected more.

PhD candidate Amanda Feiler first started ruminating on the subject of interview anxiety while working on her master's thesis, which was around the time of the recession. She recalled thinking of those who would be losing their jobs and the pressures they'd be facing in subsequent interviews.

"One of the big questions that we had with my thesis was in terms of gender differences with interview anxiety," Feiler, 27, said in a phone interview. "Do men experience more anxiety than women, or is it vice versa? And is the effect worse for men than it is for women?"

As it turns out, it's a bit of both, according to a study co-authored by Feiler and Deborah Powell, an assistant professor in the psychology department at the University of Guelph.

Researchers recruited 125 participants — 43 males and 82 females — aged between 18 and 22, who were undergraduate co-op students.

As part of their course credit, they were required to take part in mock interviews for a position within one of 15 organizations where they were interested in submitting applications, and were assigned an interviewer employed by the campus career centre.

The interviews were recorded and included both unstructured and semi-structured behavioural questions, starting from the general "tell me a little about yourself"-type queries to the more specific, such as how they resolved a situation with an angry customer.

Both the interviewers and interviewees were asked to rate the anxiety levels of candidates.

"What we actually found is that there were no gender differences between men and women in terms of their self-reported and interviewer-reported anxiety, but that men suffered greater impairments in terms of interview performance than anxious females did," Feiler said.

THE CANADIAN PRESS

Secrets the staffing crew ain't gonna spill

No tips from our lips. Look beyond the job description to discover what characteristics are going to set you apart from the crowd

YLVA VAN BUUREN
CareerBear.com

If you're in the midst of a job search, you know it's important to study every job description to understand what the position requires — and how your skills and experience tie in.

But there are also certain characteristics that are valuable to organizations that you won't ever see in a job description, says Stefan Danis, CEO of Mandrake and NEXCareer.

"What you bring to a job really goes beyond your experience and skills. Organizations today are also looking for an attitude to align with or lift their culture. Those extras are often what make one person more hireable than another."

Here's the list that HR won't share:

Character

"We're constantly faced with having to make decisions and at the end of the day employers want to know that you'll make the right decision for them," Danis says. For example, if the company is in survival mode, they need you to make the right short term — and often difficult — decision. If the company is about growing into a long-term, sustainable business, they want someone with a longer time horizon who won't cut corners. To see if you have the character the company is looking for, the interviewer might ask questions about facing difficult decisions and how you chose to handle them. "They're looking at your moral compass, integrity and follow through."

Positivity

"We all have stories about someone with a negative attitude. I believe more organizations are trying to scan for that. Positivity is not a necessity to do your job, but negativity is toxic to the work environment," Danis says. Valued employees project a happy disposition and a glass-half-full attitude.

Adaptable

Organizations today need people who are resilient and able to change as the company changes direction. "People who resent and resist change are literally a drag on an organization," Danis says. For example, if a company has to suddenly cut costs or lay off staff, "someone who can renew their vows to the organization's new direction almost immediately is very valuable."

A lot of people meet the job requirements but the most valuable employee doesn't settle for meeting expectations, says Stefan Danis — he or she exceeds them. ISTOCK

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

Minimal drama

- **Personal and work lives are more intertwined than ever due to technology and the fact that more people work occasionally from home.**
- **"So while more work is done from home, organizations are usually not tolerant when someone brings 'home' issues to the office."** Drama, intrigue and in-fighting are office staples – don't get involved, says Danis. Your boss won't tolerate office opera either.

Saskatoon area stables looking for a full-time
English jumping coach and horse trainer.
Must have competition experience to 1.20m minimum, comfortable coaching students to 1.10m – 1.15m. $2200 monthly.
Please forward resume to RR7 Site 707 Box 66, Saskatoon, SK, S7K 1N2.

NEED A RIDE?
Read metrodrive every Wednesday.

Walter Murray
Administrative Assistant Diploma Program
10 Month Course
Sept. – June
Tuition - $4450
APPLY NOW
Contact
306.683.7878
or 306.683.7850
or email: engp@spsd.sk.ca
Highly Recognized
WM
Established in 1961

TRAIN FOR EXCITING CAREER OPPORTUNITIES
EDUCATIONAL ASSISTANT DIPLOMA NOW BEING OFFERED!
Do you have a passion for supporting children and to nurture learning? Prepare for a career in:
• Traditional classrooms • Early childhood centres
• Community centres • Youth centres
• Before & after programs
Your Diploma in One Year or Less!
Contact Our Education Specialist Today to Learn More!
INTERIOR DECORATOR
LEGAL ASSISTANT
POLICE SCIENCES
TRAVEL COUNSELLOR
UNIVERSAL CAREER COLLEGE
www.uccsaskatoon.ca
1202A Quebec Avenue • 306-373-8700
admissions@shaw.ca

Canadian captain Christine Sinclair and Ali Krieger chase the ball during their friendly in Toronto on Sunday. The U.S. won 3-0. DAVID COOPER/TORSTAR NEWS SERVICE

Red, white and blues: Canada foiled again

The Rematch. Morgan leads U.S. over northern neighbours in first meeting since Olympics

It's been 10 months since the United States women's soccer team delivered a dagger into the hearts of Canadians at the London Olympics.

It was clear Sunday that the wound is still fresh.

The cheeky BMO Field fans in Toronto loudly counted off every American goal kick. They booed when Canadian-born striker Sydney Leroux scored and then popped her American jersey at them.

On Sunday

USA	Canada
3	0

Alex Morgan scored twice and Leroux notched the third as the world No. 1-ranked United States defeated Canada 3-0 in a friendly that was anything but.

And Canada's captain Christine Sinclair was less than impressed after the match.

"Maybe not the classiest of moves," Sinclair said of Leroux's gesture. "She scored on us, and an individual can do what they like. I probably wouldn't have done the same, but we move on."

The game — billed as "The Rematch" — marked both the first meeting between the North American rivals since Canada's heartbreaking 4-3 loss to the U.S. in the Olympic semifinals, and the Canadians' first game back home since they won bronze in London.

The Olympic semifinal — which will go down as one of the most memorable in Canadian soccer history — turned on a controversial free kick, awarded when Norwegian referee Christina Pedersen determined Canada's goalkeeper Erin McLeod took longer than the allowable six seconds to put the ball back into play.

Sunday, 22,453 red and white-clad fans — a record for a soccer game at BMO Field — loudly counted off the seconds, sometimes to as high as 10, each time American keeper Nicole Barnhart took a goal kick.

THE CANADIAN PRESS

NHL playoffs

Blackhawks too slick for Quick

Bryan Bickell and Michal Handzus scored on consecutive shots in the second period, and the Chicago Blackhawks chased goalie Jonathan Quick on their way to a 4-2 victory over the Los Angeles Kings on Sunday night in Game 2 of the Western Conference final.

Andrew Shaw and Brent Seabrook also scored as the rolling Blackhawks grabbed a 2-0 lead in the best-of-seven series with their fifth consecutive victory. Patrick Sharp added two assists, and Corey Crawford made 29 saves in another solid performance.

Game 3 is Tuesday night in Los Angeles, where the Kings have won 14 consecutive games, dating to the regular season.

THE ASSOCIATED PRESS

PGA

Kuchar wins 2nd title of the year

Matt Kuchar rolled in one last birdie to win the Memorial by two shots and join Tiger Woods as the only multiple winners on the PGA Tour this year.

Kuchar was challenged briefly at the turn by Kyle Stanley, and then late Sunday when Kevin Chappell birdied three of his last four holes. Kuchar only needed to two-putt from 20 feet for the win, and he made the putt for a 4-under 68.

Kuchar captured the Match Play Championship in February.

Tiger Woods closed with a 72 and finished 20 shots behind, his largest deficit since 1996.

THE ASSOCIATED PRESS

Penguins look to regain their cool in Game 2

The Penguins' Evgeni Malkin and the Bruins' Patrice Bergeron fight on Saturday in Pittsburgh. GETTY IMAGES

There's a dry erase board in the Pittsburgh Penguins' dressing room coach Dan Bylsma uses to remind his players about where they stand in their bid for a Stanley Cup.

For the first time this post-season, the Penguins find themselves with a bagel next to their name after the Boston Bruins pulled away for a 3-0 victory in Game 1 on Sunday night.

"It's a different look," Bylsma said.

One that will only certainly get worse if Pittsburgh can't collect itself in Game 2 on Monday night.

Quoted

"They're players who have character, and I don't even need to say they're excellent players."

The Bruins' Patrice Bergeron doesn't expect the Penguins to be so easily rattled in Game 2

The Bruins rode David Krecji's two goals, Tuukka Rask's 29 saves and a hefty amount of antagonism to frustrate the Penguins into the kind of chippy play that does little favours to one of the NHL's most talented teams.

For a spell in the second period, the Penguins seemed more intent in sending a message than evening the score.

Forward Matt Cooke earned a major boarding penalty and a game misconduct for blasting Boston's Adam McQuaid behind the Bruins net. Forward Chris Kunitz was slapped with an unsportsmanlike conduct penalty after mixing it up with Boston's Rich Peverley and reigning NHL MVP Evgeni Malkin traded punches with Patrice Bergeron at the end of the period. The fight was the fourth of Malkin's seven-year career.

"I think anytime you see Evgeni Malkin fighting he's away from his game," Cooke said. "Emotions are high."

Boston's three goals tied for the most given up by Pittsburgh goalie Tomas Vokoun since he replaced Marc-Andre Fleury in Game 5 of the first round. Bylsma didn't place the blame for Pittsburgh's worst loss of the post-season on Vokoun and doesn't seem intent on switching back to Fleury any time soon.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
If you have any doubts at all about what you are asked to do today, either by a friend or by someone you work with, just say no. It may make you a bit unpopular but better that than you hate yourself.

♉ Taurus
April 21 - May 21
What are you doing to make the world a better place? As Venus, your ruler, moves into the communications area of your chart today you can do something, even if it's only spreading what you believe.

♊ Gemini
May 22 - June 21
Your rivals may be smart but you are in a different league entirely when it comes to brain power and cunning and will outmaneuver them with ease over the next few days.

♋ Cancer
June 22 - July 23
Venus, planet of emotional and material values, moves into your chart today, making this the ideal time to ask yourself what, and who, is most important in your life.

♌ Leo
July 24 - Aug. 23
If you compromise your principles once today you will have to compromise them again and again throughout the coming week, so start as you mean to go on and refuse to do anything underhand.

♍ Virgo
Aug. 24 - Sept. 23
Not everyone can reach your high standards so try not to be too critical if a friend falls short of expectations. Show them where they went wrong but do so in a friendly way.

♎ Libra
Sept. 24 - Oct. 23
Venus, your ruler, moves into the career area of your chart today, making it easier for you to get along with people in positions of power. Just be careful they don't use you, as you must benefit too.

♏ Scorpio
Oct. 24 - Nov. 22
You always present a resolute face to all, even when you feel fearful and that will help you this week. You're the one everyone goes to when there's serious work to be done.

♐ Sagittarius
Nov. 23 - Dec. 21
Your imagination is active at the moment but watch out you don't go too far by imagining things that don't exist. The line between fact and fiction can often get blurred.

♑ Capricorn
Dec. 22 - Jan. 20
This is a great day for meeting people, especially friends you have not seen in a while or the one you love. Don't linger too long in front of the mirror though!

♒ Aquarius
Jan. 21 - Feb. 19
If you feel that you are being swamped with work then get someone to help you. Yes, of course, no one does as good a job as you but you can't carry on at this pace forever. Slow down.

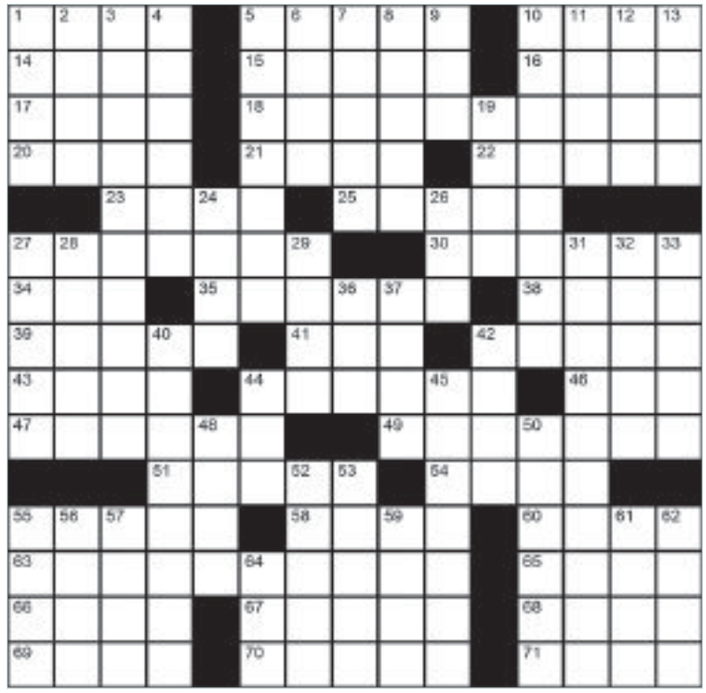
♓ Pisces
Feb. 20 - March 20
Mercury links well with Neptune, planet of self-sacrifice today, so find ways to help people. You are at your best when giving – and the universe will give back to you.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

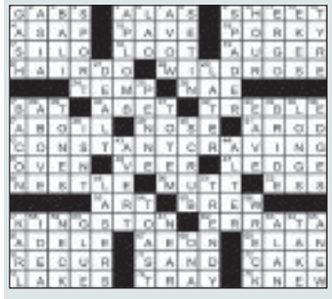
BY KELLY ANN BUCHANAN



Across
1. Be open-wide
5. Actor, Jeremy __
10. Go together well
14. Dutch violinist/conductor of PBS concert fame, Andre __
15. Signs
16. Jazz singer, Dame __ Laine
17. Mr. Sharif
18. Canada's Senate, The __ __
20. Like dry Spanish wine
21. Twinkler
22. Ladies
23. Larger-than-life
25. Stitched spots
27. "Unwritten" singer Ms. Bedingfield
30. "Ha! Tricked you!"
34. Performance-enhancer, e.g.
35. Acapulco's locale
38. Country's Mr. Church
39. Singer, Lou __
41. "Turn to Stone" gr.
42. Hockey great Mr. Hull
43. Ms. de Matteo
44. Indirectly refer to
46. "__ Hot" by Alanis
47. Prances
49. Brush up on
51. Olympic champ's hauls
54. Singer/songwriter Mr. Jordan
55. Must scratch, must scratch...
58. Gather
60. "You've Made __ __ Very Happy" by Blood, Sweat & Tears
63. 1955 Glenn Gould album: 'Bach: The Goldberg __'
65. Isle of Scotland's Inner Hebrides
66. Canadian journalist Mr. Solomon
67. Rinse, as with a solvent
68. Day's French opposite
69. Perform, like Celine Dion
70. Between-buildings-spot
71. Catch a glimpse

Down
1. Newfoundland's __ Morne National Park
2. Je t'__ = I love you
3. Canadian flag/clock structure on Parliament Hill: 2 wds.
4. Galilean moon of Jupiter
5. Sports car name
6. "How _ __ Your Mother"
7. Sacred Hindu texts
8. Ink: French
9. Hockey's Predators, on scoreboards
10. Hamilton university
11. Napoleon's exile isle
12. Appear to be
13. __d'oeuvre (Appetizer)
19. Rat-a-tat-tat stuff
24. Doctrines
26. Toronto museum,
27. "Revenge of the __" (1984)
28. No longer together
29. Eddie's "Beverly Hills Cop" (1984) role
31. __ Period (Age of Reptiles ending)
32. __-__-miss (Randomly)
33. Poems by Currer, Ellis, and __ Bell (Bronte Sisters book)
36. Jackson 5 hit: "__ Be There"
37. __ supreme du Canada
40. Guess Who hit
42. Mr. Lugosi
44. Non-verbal communication syst.
45. Patrick of "Grey's Anatomy"
48. La __ Jackson
50. Short-tailed weasel
52. Carpentry tool
53. South Korea's capital
55. Folk singer Burl
56. Rikki-Tikki-_
57. Ocean Spray flavour, __-Raspberry
59. 'a' of a.m.
61. Trim
62. Like Cheerios
64. Actress Ms. Leoni

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

7	6	4	2	1	5	8	9	3
2	3	9	7	8	6	1	5	4
5	8	1	4	9	3	6	2	7
4	5	7	8	6	2	3	1	9
1	9	8	3	7	4	5	6	2
3	2	6	1	5	9	7	4	8
8	4	3	5	2	1	9	7	6
6	1	2	9	3	7	4	8	5
9	7	5	6	4	8	2	3	1

9		2				7		1
	8	4	3		5	2	6	
5								8
			1		7			
	9			8			7	
			4		2			
4								6
	2	9	5		8	1	3	
6		3				9		7

How do I become a Dentist ?

Explore what you want to be and how to get there.

Visit CareerBear.com to learn more

Available anywhere.

Download the NEW Metro app today.